

Shorba (Lamb and Peanut Soup)

Makes: 8 Servings

Ingredients

lamb bones (or lean beef ribs)
2 quarts water
2 teaspoons salt (optional)
1 1/2 cups onions, slightly chopped
1/2 pound carrots, peeled and cut into chunks
1 cabbage, cut into small wedges
3 cups string beans, trimmed
3 cloves garlic, chopped finely
4 tablespoons peanut butter
1 lemon, juiced (approximately 3 Tablespoons)
cooked rice (optional)

Directions

1. In a 6-quart saucepan, simmer lamb bones in 2 quarts of water and 2 teaspoons of salt (optional) for one hour.
2. Add onions, carrots, cabbage, string beans, and garlic.
3. Simmer for one hour until vegetables are thoroughly cooked.
4. Remove lamb bones and puree the mixture.
5. Add 4 Tablespoons peanut butter thinned with lemon juice.
6. Add cooked rice (optional).
7. Add salt and pepper to taste.

Notes

Shorba is a Sudanese dish based around lamb. In Sudan, lamb bones commonly are used to flavor the soup-like dish.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	NA	
Total Fat	NA	
Protein	10 g	
Carbohydrates	27 g	9%
Dietary Fiber	7 g	28%
Saturated Fat	NA	
Sodium	NA	

North Dakota Food and Culture: A Taste of World Cuisine. North Dakota State University Extension Service. Recipe on p. 26.